

## **WHAT IS CLAIMED IS:**

1. A handle for use with a human hand, comprising:
  - a radial section having a side for receiving the thumb of the hand and having a side for receiving the index finger of the hand, and the radial section having a surface for engaging a portion of the palmar surface of the hand;
  - a middle section having a side for receiving at least a portion of the middle finger and at least a portion of the ring finger of the hand and having a surface that avoids placing undue pressure on a surface of the hand located over the carpal tunnel; and
  - an ulnar section having a side for receiving the small finger of the hand and having a surface for engaging a portion of the palmar surface of the hand so as to position the end of the small finger.
2. The handle according to claim 1, wherein the radial section, the middle section and the ulnar section further comprise a proximal moving member and a distal moving member, the proximal moving member for receiving the thumb of the hand and the distal moving member for receiving at least one of the long fingers of the hand.
3. The handle according to claim 2, wherein the proximal moving member includes a proximal surface and a distal surface and the distal moving member includes a proximal surface and a distal surface.
4. The handle according to claim 3, wherein the portion of the proximal surface of the middle section of the proximal moving member avoids placing undue pressure on a surface of the hand located over the carpal tunnel.
5. The handle according to claim 3, wherein the portion of the proximal surface of the middle section of the proximal moving member avoids contacting a surface of the hand located over the carpal tunnel.

6. The handle according to claim 1, wherein the length of the handle between a radial end of the radial section and an ulnar end of the ulnar section is based upon the width of the palm taken across the metacarpal-phalangeal (MP) joints of the hand.
7. The handle according to Claim 2, further comprising at least one guide member that engages both the proximal moving member and the distal moving member for guiding the movement of the proximal moving member and the distal moving member relative to each other.
8. The handle according to Claim 7, wherein at least one guide member aligns the proximal moving member and the distal moving member for parallel movement relative to each other.
9. The handle according to Claim 7, wherein a guide member comprises a hinge for pivotal movement of the proximal moving member and the distal moving member relative to each other.
10. The handle according to Claim 9, further comprising a working end on at least one of the proximal moving member and the distal moving member.
11. The handle according to Claim 9, further comprising a working end on both the proximal moving member and the distal moving member.
12. The handle according to Claim 11, wherein the working end on both the proximal moving member and the distal moving member comprise a pliers-type tool.
13. The handle according to Claim 11, wherein the working end on both the proximal moving member and the distal moving member comprise a cutting tool.
14. The handle according to Claim 8, further comprising a working end on at least one of the proximal moving member and the distal moving member.

15. The handle according to Claim 8, further comprising a working end on both the proximal moving member and the distal moving member.
16. The handle according to Claim 8, further comprising a working end on both the proximal moving member and the distal moving member.
17. The handle according to Claim 16, wherein the working end on both the proximal moving member and the distal moving member comprise a pliers-type tool.
18. The handle according to Claim 16, wherein the working end on both the proximal moving member and the distal moving member comprise a cutting tool.
19. The handle according to Claim 8, further comprising at least one guide member includes a control mechanism for control of mechanical, electrical or electronic functions.
20. The handle according to Claim 19, wherein the control mechanism is for control of a braking system.
21. The handle according to Claim 19, wherein the braking system is a braking system for a vehicle.
22. The handle according to Claim 19, wherein the vehicle comprises a bicycle, a motorcycle or a motor vehicle.
23. The handle according to Claim 19, wherein the control mechanism is for control of a device.
24. The handle according to Claim 8, wherein the handle comprises a pair of opposing guide members.

25. The handle according to Claim 24, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
26. The handle according to Claim 24, further comprising a spring associated with each of the pair of opposing guide members for biasing the movement of the distal moving member and the proximal moving member.
27. The handle according to Claim 7, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
28. The handle according to Claim 7, wherein the proximal moving member includes in proximal ring member for receiving the thumb of a hand.
29. The handle according to Claim 28, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
30. The handle according to Claim 7, wherein the distal moving member includes in distal ring member for receiving at least one of the long fingers of a hand.
31. The handle according to Claim 30, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
32. The handle according to Claim 7, wherein the proximal moving member includes in proximal ring member for receiving the thumb of a hand and the distal moving member includes in distal ring member for receiving at least one of the long fingers of a hand.

33. The handle according to Claim 32, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
34. The handle according to claim 7, wherein proximal moving member and the distal moving member comprise a squeezing device.
35. The handle according to Claim 34, wherein the squeezing device comprises a hand exerciser.
36. The handle according to Claim 34, wherein the squeezing device comprises a control mechanism for control of mechanical, electrical or electronic functions.
37. The handle according to Claim 34, wherein the control mechanism comprises a control mechanism for a braking system for a vehicle.
38. The handle according to Claim 36, wherein the control mechanism comprises a control mechanism for a device.
39. The handle according to claim 7, wherein the proximal moving member and the distal moving member are hinged at one end for use as a squeezing device.
40. An apparatus for use with a human hand, comprising:
  - a radial section having a side for receiving the thumb of the hand and having a side for receiving the index finger of the hand, and the radial section having a surface for engaging a portion of the palmar surface of the hand;
  - a middle section having a side for receiving at least a portion of the middle finger and at least a portion of the ring finger of the hand and having a surface that avoids placing undue pressure on a surface of the hand located over the carpal tunnel;
  - and
  - an ulnar section having a side for receiving the small finger of the hand and having a surface for engaging a portion of the palmar surface of the hand so as to position the end of the small finger.

41. The apparatus according to claim 40, wherein the radial section, the middle section and the ulnar section further comprise a proximal moving member and a distal moving member, the proximal moving member for receiving the thumb of the hand and the distal moving member for receiving at least one of the long fingers of the hand.
42. The apparatus according to claim 41, wherein the proximal moving member includes a proximal surface and a distal surface and the distal moving member includes a proximal surface and a distal surface.
43. The apparatus according to claim 42, wherein the portion of the proximal surface of the middle section of the proximal moving member avoids placing undue pressure on a surface of the hand located over the carpal tunnel.
44. The apparatus according to claim 42, wherein the portion of the proximal surface of the middle section of the proximal moving member avoids contacting a surface of the hand located over the carpal tunnel.
45. The apparatus according to claim 40, wherein the length of the apparatus between a radial end of the radial section and an ulnar end of the ulnar section is based upon the width of the palm taken across the metacarpal-phalangeal (MP) joints of the hand.
46. The apparatus according to Claim 41, further comprising at least one guide member that engages both the proximal moving member and the distal moving member for guiding the movement of the proximal moving member and the distal moving member relative to each other.
47. The apparatus according to Claim 46, wherein at least one guide member aligns the proximal moving member and the distal moving member for parallel movement relative to each other.

48. The apparatus according to Claim 46, wherein a guide member comprises a hinge for pivotal movement of the proximal moving member and the distal moving member relative to each other.
49. The apparatus according to Claim 48, further comprising a working end on at least one of the proximal moving member and the distal moving member.
50. The apparatus according to Claim 48, further comprising a working end on both the proximal moving member and the distal moving member.
51. The apparatus according to Claim 50, wherein the working end on both the proximal moving member and the distal moving member comprise a pliers-type tool.
52. The apparatus according to Claim 50, wherein the working end on both the proximal moving member and the distal moving member comprise a cutting tool.
53. The apparatus according to Claim 47, further comprising a working end on at least one of the proximal moving member and the distal moving member.
54. The apparatus according to Claim 47, further comprising a working end on both the proximal moving member and the distal moving member.
55. The apparatus according to Claim 47, further comprising a working end on both the proximal moving member and the distal moving member.
56. The apparatus according to Claim 55, wherein the working end on both the proximal moving member and the distal moving member comprise a pliers-type tool.
57. The apparatus according to Claim 55, wherein the working end on both the proximal moving member and the distal moving member comprise a cutting tool.

58. The apparatus according to Claim 47, further comprising at least one guide member includes a control mechanism for control of mechanical, electrical or electronic functions.
59. The apparatus according to Claim 58, wherein the control mechanism is for control of a braking system.
60. The apparatus according to Claim 59, wherein the braking system is a braking system for a vehicle.
61. The apparatus according to Claim 60, wherein the vehicle comprises a bicycle, a motorcycle or a motor vehicle.
62. The apparatus according to Claim 58, wherein the control mechanism is for control of a device.
63. The apparatus according to Claim 46, wherein the apparatus comprises a pair of opposing guide members.
64. The apparatus according to Claim 63, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
65. The apparatus according to Claim 63, further comprising a spring associated with each of the pair of opposing guide members for biasing the movement of the distal moving member and the proximal moving member.
66. The apparatus according to Claim 46, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
67. The apparatus according to Claim 46, wherein the proximal moving member includes in proximal ring member for receiving the thumb of a hand.



68. The apparatus according to Claim 67, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
69. The apparatus according to Claim 46, wherein the distal moving member includes in distal ring member for receiving at least one of the long fingers of a hand.
70. The apparatus according to Claim 69, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
71. The apparatus according to Claim 46, wherein the proximal moving member includes in proximal ring member for receiving the thumb of a hand and the distal moving member includes in distal ring member for receiving at least one of the long fingers of a hand.
72. The apparatus according to Claim 71, further comprising a spring that engages the proximal moving member and the distal moving member for biasing the movement of the distal moving member and the proximal moving member.
73. The apparatus according to claim 46, wherein proximal moving member and the distal moving member comprise a squeezing device.
74. The apparatus according to Claim 73, wherein the squeezing device comprises a hand exerciser.
75. The apparatus according to Claim 73, wherein the squeezing device comprises a control mechanism for control of mechanical, electrical or electronic functions.
76. The apparatus according to Claim 75, wherein the control mechanism comprises a control mechanism for a braking system for a vehicle.

77. The apparatus according to Claim 75, wherein the control mechanism comprises a control mechanism for a device.
78. The apparatus according to claim 46, wherein the proximal moving member and the distal moving member are hinged at one end for use as a squeezing device.
79. A method for designing a handle that corresponds to the sizes of a hand, comprising the steps of:
- setting the hand in a T position so that the tips of the of the long fingers of the hand are substantially in alignment;
  - measuring the distance across the metacarpal bones of the long fingers of a hand from the radial side to the ulnar side of the palm of the hand thereby defining a width of the handle; and
  - setting the distance from the ulnar palmar line to the distal side of the carpal tunnel zone equal to or less than the distance from the ulnar palmar line to the radial palmar line such that undue pressure on the carpal tunnel zone is avoided.